5

White. 1638.

A New Almanacke and Prognostication, for the yeere of our Lord God, 1638.

Being the second after the *Bissextile*, or Leape-yeere.

Calculated for the Meridian of the *most Honorable Citie of London*, and will serve generally for the Monarchy of Great BRITAINE.

By JOHN WHITE Wellwiller to the *Mathematickes*.

LONDON,
Imprinted by *F. K.* for the Company of STATIONERS.

The Common notes and moveable feasts, for this present yeere of Graee.

1 6 3 8.

According to the old accompt used here in England.		The new Gregorian accompt used beyond Sea.
5	The Golden number	5
23	The Circle of the Sun	23
25	The Epact	15
G	The Dominicall letter	C
6	The Romane Indiction	6
4 February	Shrovesunday	February 14
25 March	Easter day	Aprill 4
29 Aprill	Rogation Sunday	May 9
3 May	Ascention day	May 13
13 May	Whit sunday	May 23
2 December	Advent Sunday	November 28

Physicall Elections.

Take	Vomits	The Moon or Signe in	♉ ♏ ♑
	Glisters		♈ ♒ ♎
	Gargarismes		♋ ♈
	Preparatives		♊ ♎ ♒
	Stop Rhumes and Fluxes		♉ ♍ ♑
	Purge by neesing		♋ ♌ ♍

Fit times for blood-letting.

The Sanguine from the new moone to the first quarter
The Cholericke, from the first quarter to the full.
The Flegmaticke, from the full to the last quarter.
The Melancholy, from the last quarter to the change.

Dangerous times for blood-letting.

In the heate of Summer, or cold of Winter, or when the Moone is in the Signe which governeth that part of the body you would let blood; Also within two dayes of the change, or full of the Moone.

The beginning and ending of the Termes, with their Returnes and Eſſoyne dayes, dayes of Exception, Returna Brevium, and dayes of Appearance, for this yeere, 1638:

Returne dayes, or dayes of Eſſoyne.	dayes of Exception.	Returna Brevium.	Dayes of Appearãce.
Hillary Terme beginneth the 23. of January, and endeth the 12. of February, and hath foure Returnes.			
Octa Hillar. Ianu. 20	Ianua. 22	Ianua. 22	Ianua. 23
Quind. Hillar. Ianu. 27	Ianua. 29	Ianua. 29	Ianua. 30
Craſt. Purif. Febr. 3	Febr. 5	Febr. 5.	Febr. 6
Octa. Purif. Febr. 10	Febr. 12.	Febr. 12	Febr. 13
Eaſter Terme beginneth the 11. of Aprill, and endeth the 7. of May, and hath five Returnes.			
Quind. Paſch. Aprill 9	Aprill 9	Aprill 10	Aprill 11
Tres Paſch Aprill 16	Aprill 16	Aprill 17	Aprill 18
Menſe Paſch. Aprill 23	Aprill 23.	Aprill 24	Aprill 25
Quinq; Paſc. Aprill 30	Aprill 30	May 1	May 2
Craſt. Aſcen. May 4	May 5	May 7	May 7
Trinitie Terme beginneth the 25. of May, and endeth the 13. of June, and hath foure Returnes.			
Craſt. Trin. May 21	May 22	May 23	May 24
Octa. Trin. May 28	May 28	May 29	May 30
Quind. Trin. June 4	June 4	June 5	June 6
Tres Trin. June 11	June 11	June 12	June 13
Michaelmas Terme beginneth the 9. of October, and endeth the 28 of November, and hath 8. Returnes.			
Octab. Mich. Octob. 6	Octob. 8	Octob. 8	Octob. 9
Quind. Mich. Octo. 13	Octob. 15	Octob. 15	Octob. 16
Tres Mich. Octo. 20	Octob. 22	Octob. 22	Octob. 23
Menſe Mich. Octo. 27	Octob. 29	Octob. 29	Octob. 30
Craſt. Anima. Novẽ. 3	Novem. 5	Novem. 5	Novem. 6
Craſt. Mart. Novẽ. 10	Novem. 12	Novem. 12	Novem. 13
Octab. Mart. Novẽ. 17	Novem 19	Novem. 19	Novem. 20
Quind. Mart. Novẽ. 24	Novem. 26	Novem. 26	Novem. 27

The Anatomie of Mans Body, as the *parts thereof are governed by the* 12. *Celestiall Signes.*

Aries, Head and face.

Taurus, Neck and throate.
Cancer, Brest, stomack, and ribs.
Virgo, Bowels, and belly
Scorpio Secret members
Capricorn Knees.

Gemini Armes & shoulders
Leo, Heart & back.

Libra, Reines & loynes.
Sagittarii, Thighes

Aquarius, Legs.

Pisces, the Feet.

Bold fierce Aries ruleth Head and Face,
In Necke and Throate doth Taurus challenge place:
The twining Gemini's, goverue Armes and Hands,
The Brest and Stomache Cancer the commands.
Then lusty Leo hath the Backe and Heart,
Bowels and Belly they are Virgo's part:
In Loynes and Reynes is Libra's liberties,
And Scorpio rules the Stones and Privities.
The Thighes and Hanch is Sagittarius song,
And doth the knees to Capricorne belong:
Aquarius makes the Legges much aches feele,
And Pisces rules the Feete from Toe to Heele.

Warme meates and clothes this moneth are good,
Take heed of Bathes and letting blood.

The 1. Day, Sun riſeth at 8. and 1. min. ſets at 3. and 59. min.
The 15. Day, Sun riſeth at 7. and 43. min. ſets at 4. and 17. m.

1	a	Ne..peers d.	Thighes &		11	d
2	b	Oct. Steph.	hanches		12	e
3	c	Oct. John	Knees		13	f
4	d	Oct. Innoc.	Knees		14	g
5	e	Edward dep	Knees	●	15	a
6	f	Twelve day	Legges	New Moone	16	b
7	G	Felix & Jan.	Legges	the 5. day, at	17	C
8	a	Lucian Mtr.	Feete	a quarter paſt	18	d
9	b	Joyce, Virg.	Feete	4. in the moꝛ=	19	e
10	c	Paul 1. her.	Feete	ning.	20	f
11	d	Sol in Aquari.	Head		21	g
12	e	Archadius	and		22	a
13	f	Hilary Biſh	Face	) Firſt quar=	23	b
14	G	Ced comes in	Necke and	ter the 12. day,	24	C
15	a	Maurice	thꝛoate	at 5. in the	25	d
16	b	Marcel. biſh.	Armes and	moꝛning.	26	e
17	c	Anthony dep	hands		27	f
18	d	Priſca Mtr.	Wꝛeſt and		28	g
19	e	Wolſtan biſh.	ſtomacke	●	29	a
20	f	Fab. & Seb.	Heart and	Full Moone	30	b
21	G	Septuageſima	backe	the 19. day,	31	C
22	a	Ced. goes out	Bowels &	halfe an houre	1	d
23	b	Terme begins	belly	paſt 9 at night	2	e
24	c	Timothy	Loynes and		3	f
25	d	Con. of Paul	repnes		4	g
26	e	Policarp. Bi	Secrets	(Laſt quar=	5	a
27	f	Agnes the 2.	and	ter the 26. day	6	b
28	G	Sexageſima	bladder	a quarter of	7	C
29	a	Chrodegr.	Thighes	an houre paſt	8	d
30	b	Barnab. Ap.	and	7. at night.	9	e
31	c	Saturnine	hanches		10	f

Milke, Herbes, and Fenniſh fowle deny;
Purge not, nor uſe Plebotomie.

1. Day, Sun riſeth at 7. and 1⁰. min. ſets at 4. and 47. min.
15. Day, Sun riſeth at 6. and 46. min. ſets at 5. and 14. min

1	d	Brigget faſt	Knees		11	g
2	e	Purif. Mary	Legges		12	a
3	f	Blaſe biſh.	Legges		13	b
4	G	Shrove ſunday	Feete		14	C
5	a	Agathe vir.	Feete	● New Moone	15	d
6	b	Dorothe vir.	Feete	the 4. day,	16	e
7	c	Angale bi.	Head and	halfe an hour	17	f
8	d	Paul biſh.	face	paſt midnight	18	g
9	e	Apolina vir.	Necke and		19	a
10	f	Sol in Piſces.	throat		20	b
11	G	Quadrageſima	Armes and	☽ Firſt quar	21	C
12	a	Terme ends	hands	ter the 11. day	22	d
13	b	Wolfran	Breſt and	a quarter paſt	23	e
14	c	Valentine	ſtomacke	5. at night.	24	f
15	d	Fauſtine	Heart and		25	g
16	e	Ember weeke	backe		26	a
17	f	Samuell	Bowels and		27	b
18	G	Hugh biſh.	belly	●	28	C
19	a	Simeon	Loynes	Full Moone	1	d
20	b	Mildred	and	the 18. day, 3	2	e
21	c	79 Martyrs	Reynes	quarters paſt	3	f
22	d	Peters chaire	Secrets and	7. in the mor=	4	g
23	e	Policar. faſt	bladder	ning.	5	a
24	f	S. Mathias	Thighes	☾ Laſt quar=	6	b
25	G	Victorine	and	ter the 25. day	7	C
26	a	Invent. Paul	hanches	3. quarters	8	d
27	b	Nestor Mar.	Knees	paſt 12. at	9	e
28	c	Auguſtine bi.	Knees	noone.	10	f

Groſſe meates doe hurt, uſe foode that's fine.
Let blood, and take ſome medicine.

1. Day, Sun riſeth at 6. and 18. min. ſets at 5. and 42. min.
15. Day, Sun riſeth at 5. and 50. min. ſets at 6. and 10. min.

1	d	David biſh.	Legges		g
2	e	Chad bi.	Legges		a
3	f	Maurice	Legges		b
4	G	Adrian	Feete		C
5	a	Focas & Eu	Feete		d
6	b	Victor & Vict.	Head and face	New Moone the 5. day,	e
7	c	Perpetue			f
8	d	Felix Mart.	Necke and throate	halfe an houre	g
9	e	40. Martyrs		paſt 4. after=	a
10	f	Agapite	Armes and hands	noone.	b
11	G	Sol in aries			C
12	a	Gregory	Breaſt and ſtomacke		d
13	b	Theodore		☽ Firſt quar=	e
14	c	Candide	Heart and backe	ter the 13 day	f
15	d	Longine		at 2. in the	g
16	e	Boniface bi.	Belly and bowels	morning.	a
17	f				b
18	G	K. Edward	Loynes and reynes		C
19	a	Ioſ. Ma. huſ.			d
20	b	Cutbert	Secrets and bladder	Full Moone	e
21	c	Benedict		the 19. day,	f
22	d	Atradole		a quarter paſt	g
23	e	Theodore	Thighes and hanches	6. at night.	a
24	f	Agapit. faſt.			b
25	G	Eaſter day			C
26	a	Tudor matt.	Knees		d
27	b	Init. Reg. Car.	Knees	☾ Laſt quar=	e
28	c	Worthie	Knees	ter the 27. day	f
29	d	Quintine	Legges	halfe an houre	g
30	e	Quirine	Legges	paſt 7. in the	a
31	f	Gued. coms in	Feete	morning.	b

The blood being hot, coole herbs now vſe,
And March his precepts not refuſe.

1. Day, Sun riſeth at 5. and 16. min. ſets at 6. and 44. min.
15. Day, Sun riſeth at 4. and 51. min. ſets at 7. and 9. min.

1	G	Gilbard	Feete		11	E
2	a	Mary Egyp.	Head		12	d
3	b	Richard biſh.	and		13	e
4	c	Ambroſe biſh.	face	●	14	f
5	d	Vincent	Necke and	New Moone	15	g
6	e	Hextus biſh.	throate	the 4. day, at	16	a
7	f	Euphemi.	Armes and	7. in the mor=	17	b
8	G	Egeſippus	hands	ning.	18	C
9	a	Perpetuus	Breſt and		19	d
10	b	Sol. in Taur.	ſtomacke		20	e
11	c	Terme begins	Heart and	☽ Firſt quar=	21	f
12	d	Iulius biſh.	backe	ter the 11. day	22	g
13	e	Zenon biſh.	Belly and	at 8. in the	23	a
14	f	Dyke	bowels	morning.	24	b
15	G	Oſwaldarch.	Loynes		25	C
16	a	Iſidore biſh.	and		26	d
17	b	Anicete	reynes		27	e
18	c	Eleuther. bi.	Secrets &	●	28	f
19	d	Alphege	bladder	Full Moone	29	g
20	e	Victor. biſh.	Thighes &	the 18. day,	30	a
21	f	Symeon	haunches	halfe an houre	1	b
22	G	Mother. bir.	Knees	paſt 5. in the	2	C
23	a	S. George	Knees	morning.	3	d
24	b	Milfride	Knees		4	e
25	c	S. Marke	Legges		5	f
26	d	Cicte	Legges	☾ Laſt quar=	6	g
27	e	Anaſtatius	Feete	ter the 26. day	7	a
28	f	Vitalis	Feete	at 2. in the	8	b
29	G	Rogation Sun.	Feete	morning.	9	C
30	a	Eaſter.goes out	Head and		10	d

Put Sage in Drinke, drinke Wormewood-Wine.
Uſe Phyſickes helpe, walke mornings fine.

1. Day, Sun riſeth at 4. and 23. min. ſets at 7. and 37. min.
15. Day, Sun riſeth at 4. and 4. min. ſets at 7. and 56. min.

1	d	Phil. & Jacob	Face		11	e
2	e	Athanaſius	Necke and throate		12	f
3	f	Aſcention day			13	g
4	g	Chriſtopher	Armes and hands	New Moone the 3. day, halfe an houre paſt 6. at night.	14	a
5	a	Goddard			15	b
6	b	John port. lat	Breſt and ſtomache		16	c
7	c	Terme ends			17	d
8	d	Appa Mich.	Heart and backe		18	e
9	e	Tranſ. Mich.			19	f
10	f	Godian	Belly and bowels	) Firſt quarter the 10. day at 1. afternoone.	20	g
11	g	Sol. in Gem.			21	a
12	a	Anthony faſt	Loynes and reynes		22	b
13	b	Whitſunday			23	c
14	c	Boniface	Secrets & bladder		24	d
15	d	Iſidore			25	e
16	e	Brandon bi.	Thighes and hanches		26	f
17	f	Bernard tra.			27	g
18	g	Ember weeke		Full Moone the 17 day, at 6. at night.	28	a
19	a	Med. comes in	Knees		29	b
20	b	Trinity Sund.			30	c
21	c	Ellen Queen	Knees		31	d
22	d	Julian virg.	Knees		1	e
23	e	Deſiderii	Knees		2	f
24	f	Corpus Chri	Legges		3	g
25	g	Terme begins	Legges	(Laſt quarter the 25. day a quarter paſt 7. in the evening.	4	a
26	a	Tran. Fran.	Legges		5	b
27	b	Adelme	Feete		6	c
28	c	Bede pr.	Feete		7	d
29	d	Germane bi.	Head and face		8	e
30	e	Petronile			9	f
31	f	Hermus	Necke		10	g

June hath xxx. dayes.

Let Phyſicke goe, coole herbes now take,
Sweete drinkes and Venus now forſake.

1. Day, Sun riſeth at 3. and 50. min. ſets at 8. and 10. min.
15. Day, Sun riſeth at 3. and 47. min. ſets at 8. and 13. min.

1	e	Nichomede	Armes and hands		11	a
2	f	Marcellus		●	12	b
3	G	Eraſmus bi.	Wꝛeſt and ſtomacke	New Moone the 2. day, 3 quarters paſt 3. in the moꝛning.	13	c
4	a	Petroſſus	Heart and backe		14	d
5	b	Bonifacius	Belly and bowels		15	e
6	c	Melonius	Loynes and reynes		16	f
7	d	Wolſtan	Secrets & bladder		17	g
8	e	Edmund tra.	Thighes and hanches		18	a
9	f	Getuſie	Knees	☽	19	b
10	G	Iuan confeſ.	Knees	Firſt Quarter the eight day, halfe an houre paſt 6. at night.	20	c
11	a	Barnabe ab.	Knees		21	d
12	b	Sol in Cancer	Legges		22	e
13	c	Terme ends	Legges		23	f
14	d	Baſil bi.	Feete		24	g
15	e	Modeſtus	Feete		25	a
16	f	Tranſ. Rich.	Feete	●	26	b
17	G	Botulph	Head and face	Full Moone the 16. day, halfe an houre paſt 7. in the moꝛning.	27	c
18	a	Ereuperius	Mecke and thꝛoate		28	d
19	b	Granatus	Armes and hands		29	e
20	c	Ed. tranſ.			30	f
21	d	Walburge			1	g
22	e	Alban Mar.			2	a
23	f	Etheld. taſt			3	b
24	G	S. Jonn Bap.		☾ Laſt quarter the 24. day, at 11. before noone.	4	c
25	a	Ele tranſ.			5	d
26	b	John & Paul			6	e
27	c	Creſcence			7	f
28	d	Leonis taſt			8	g
29	e	S. Peter			9	a
30	f	Tom. of Paul			10	b

July hath xxxj. dayes.

Use Sallets fresh to coole the blood,
And bathe in Springs that's free from mud.

1. Day, Sun riseth at 3. and 56. min. sets at 8. and 4. min.
15. Day, Sun riseth at 4. and 12. min. sets at 7. and 48. min.

1	G	Oct. Joh. Ba.	Brest and	●	11	C
2	a	Visit. of Ma.	stomacke	New Moone	12	d
3	b	Gregory	Heart and	the first day,	13	e
4	c	Martin tran.	backe	halfe an houre	14	f
5	d	Joe Virg.	Bowels &	past 11. before	15	g
6	e	Octa of Pet.	belly	noone.	16	a
7	f	Thomas tra.	Loynes and		17	b
8	G	Grimbald	reynes	☽ First quar=	18	C
9	a	Ciril bish.	Secrets &	ter the 8 day,	19	d
10	b	7. Brethren	bladder	at 9. in the	20	e
11	c	Benedict	Thighes &	morning.	21	f
12	d	Nabor & Fe.	hanches		22	g
13	e	Sol. in Leo	Knees		23	a
14	f	Bonavent	Knees		24	b
15	G	Swithin.	Knees	●	25	C
16	a	Osmond	Legges	Full Moone	26	d
17	b	Kenelme	Legges	the 15. day, a	27	e
18	c	Arnulph	Feete	quarter past	28	f
19	d	Dog day beg.	Feete	10. at night.	29	g
20	e	Margeret	Feete		30	a
21	f	Praxed	Head		31	b
22	G	Mary Mag.	Head and	☾ Last quar=	1	C
23	a	Apoline	face	ter the 23. day	2	d
24	b	Christo. fast.	Necke and	halfe an houre	3	e
25	c	James Apost.	throate	past midnight	4	f
26	d	An. Ma. mo.	Armes and	●	5	g
27	e	7. Sleepers	hands	New Moone	6	a
28	f	Sampson bi.	Brest and	the 30. day, 3.	7	b
29	G	Felix & fel.	Stomacke	quarters past	8	C
30	a	Abdon	Heart and	6. in the eve=	9	d
31	b	Germane	backe	ning.	10	e

Flie Phyſicke and Phlebotomie.
Eſchew cold Bathes and Venery.

1. Day, Sun riſeth at 4. and 38. min. ſets at 7. and 22. min.
15. Day, Sun riſeth at 5. and 4. min. ſets at 6. and 56. min.

1	c	Lammas day	Bowels and		11	f
2	d	Steph mar.	belly		12	g
3	e	Inv Steph.	Loynes		13	a
4	f	Iuſtin.p.m.	and		14	b
5	G	Oſwald	reynes		15	C
6	a	Tran.of Chr.	Secrets &	☽ Firſt quar=	16	d
7	b	Feaſt of Jeſu	bladder	ter the 6. day	17	e
8	c	Tiracke	Thighes	at 12. at noone	18	f
9	d	Roman mart.	and		19	g
10	e	Lawrence m.	hanches		20	a
11	f	Tiburt mar.	Knees		21	b
12	G	Clare Virg.	Knees		22	C
13	a	Sol in Virgo	Knees	●	23	d
14	b	Euſebius	Legges	Full Moone	24	e
15	c	Aſſum. Mar.	Legges	the 14. day, at	25	f
16	d	Rochus mar.	Legges	2. in the after=	26	g
17	e	Oct. Law.	Feete	noone.	27	a
18	f	Agapite	Feete		28	b
19	G	Magnus	Head and		29	C
20	a	Lewes	face		30	d
21	b	Bernard	Necke and		31	e
22	c	Priuatius	throate	☾ Laſt quar=	1	f
23	d	Timoth. tau	Armes and	ter the 21. day	2	g
24	e	Bartho. Apoſt.	hands	at 11. before	3	a
25	f	Lodouicus	Breſt and	noone.	4	b
26	G	Severine	ſtomacke		5	C
27	a	Ruffine	Heart and	●	6	d
28	b	Auguſtine bi.	backe	New Moone	7	e
29	c	Dog dales end	Bowels &	the 29 day, at	8	f
30	d	Felix & Andr.	belly	2. in the mor=	9	g
31	e	Cuthburge v.		ning.	10	a

Now drinke Goates milke, on ripe fruits feede;
(If neede require) Purge, Bathe and Bleed.

1. Day, Sun riſeth at 5. and 37. min. ſets at 6. and 23. min.
15. Day, Sun riſeth at 6. and 4. min. ſets at 5. and 56. min.

1	f	Giles Abbat	Secrets & bladder		11	d
2	g	Anthony			12	e
3	a	Gregory	Thighes and hanches		13	f
4	b	Cutburt			14	g
5	c	Bertine		☽ Firſt quarter the 5. day, halfe an houre paſt 2. in the morning.	15	a
6	d	Eugenius	Knees		16	b
7	e	Emurcius	Knees		17	c
8	f	Nat. of Mary	Legges		18	d
9	g	Gorgonius	Legges		19	e
10	a	Dilbius	Legges		20	f
11	b	Prothus	Feete		21	g
12	c	Martian	Feete		22	a
13	d	Sol in Libra	Head and face	● Ful moone the 13. day, at 6. in the morning.	23	b
14	e	Holy Troſ.			24	c
15	f	Ember weeke	Necke and throate		25	d
16	g	Edith Virg.			26	e
17	a	Hugh			27	f
18	b	Victor. & Cor.	Armes and hands		28	g
19	c	January ma.			29	a
20	d	Euſtace cau.	Breſt and ſtomache	☾ Laſt quarter the 20. day, halfe an houre paſt 8. at night	30	b
21	e	Mathew Apo.			1	c
22	f	Mauricius	Heart and bache		2	d
23	g	Tecla, Vir.			3	e
24	a	Indoche	Bowels and belly		4	f
25	b	Fermin.			5	g
26	c	Cipzian	Loynes and reynes		6	a
27	d	Coſm. & Da.		● New Moone the 27. day, halfe an houre paſt 11. before noone.	7	b
28	e	Exeupe.	Secrets & bladder		8	c
29	f	Michael Arch.			9	d
30	g	Hierome pr.			10	e

Strong Wine, hot Bathes, and Spice that's good,
Preſerves our health; Purge, and let blood.

1. Day, Sun riſeth at 6. and 36. min. ſets at 5. and 24. min.
15. Day, Sun riſeth at 7. and 3. min. ſets at 4. and 57. min.

1	d	Remigius	Thighes & hanches		11	d	
2	b	Leodegarius	Knees		12	e	
3	c	Candide	Knees		13	f	
4	d	Francis	Knees	☽ Firſt quarter the 4. day, halfe an houre paſt ſeven at night.	14	g	
5	e	Apolinary	Knees		15	a	
6	f	Faith virg.	Legges		16	b	
7	G	Marc. & Mar.	Legges		17	c	
8	a	Pelagius	Feete		18	d	
9	b	Terme begins.	Feete		19	e	
10	c	Gereon & Ni.	Feete		20	f	
11	d	Nicalus	Head and face		21	g	
12	e	Wilfride		●	22	a	
13	f	Sol in Scorpio	Necke and throate	Full Moone the 12. day, three quarters paſt nine at night.	23	b	
14	G	Calixtus	Armes and hands		24	c	
15	a	Wolfran	Breſt and ſtomacke		25	d	
16	b	Michaelmon	Heart and backe		26	e	
17	c	Ethelbred	Bowels and belly		27	f	
18	d	Luke Evang.	Reynes and loynes	☾ Laſt quarter the 20. day 3. quarters paſt 3. in the morning.	28	g	
19	e	Frideſwide	Secrets and bladder		29	a	
20	f	Aſtrebert	Thighes & hanches		30	b	
21	G	11000. Virg.	Knees		31	c	
22	a	Mary Sol.	Knees	● New Moone the 26. day, halfe an houre paſt tenne at night.	1	d	
23	b	Romanus			2	e	
24	c	Magloire			3	f	
25	d	Criſ. & Criſp.			4	g	
26	e	Urſula			5	a	
27	f	Flozen. faſt.			6	b	
28	G	Simon & Jude			7	c	
29	a	Narcillus			8	d	
30	b	Germane			9	e	
31	c	Quintin. faſt			10	f	

From cold preſerve thy head and feete,
Abſtaine from Wine that's new and ſweete

1. Day, Sun riſeth at 7. and 34. min. ſets at 4. and 26. min.
15. Day, Sun riſeth at 7. and 55. min. ſets at 4. and 5. min.

1	d	All Saints,	Knees		11	g	
2	e	All Soules.	Legges		12	a	
3	f	Winifride	Legges	☽ First quar-	13	b	
4	G	Amantius	Feete	ter the 3. day,	14	c	
5	a	Powder trea.	Feete	a quarter paſt	15	d	
6	b	Leonard	Feete	3. in the after-	16	e	
7	c	Willzode	Head and	noone.	17	f	
8	d	4. Crowned	face		18	g	
9	e	Theodoze	Necke and		19	a	
10	f	Martine	throte		20	b	
11	G	Martine biſh.	Armes and		21	c	
12	a	Sol in Sagit.	hands	Full Moone	22	d	
13	b	Brice	Breſt and	the 11. day,	23	e	
14	c	Erben tranſ.	ſtomacke	halfe an houre	24	f	
15	d	Macute	Heart and	paſt 12. at	25	g	
16	e	Edmund	backe	noone.	26	a	
17	f	S. Hugh.	Bowels and		27	b	
18	G	Oct. Martine	belly	☾ Laſt quar-	28	c	
19	a	Nat. K. Char.	Loynes and	ter the 18. day	29	d	
20	b	Edmund	reynes	at 11. before	30	e	
21	c	Pzeſ. of Ma.	Secrets	noone.	1	f	
22	d	Cicell Virg,	and		2	g	
23	e	Clement	bladder		3	a	
24	f	Gryſogon	Thighes		4	b	
25	G	Katherine	and		5	c	
26	a	Linus biſh.	hanches	New Moone	6	d	
27	b	Agricola	Knees	the 25. day, a	7	e	
28	c	Andrew. Apo.	Knees	quarter paſt	8	f	
29	d	Batur n. faſt.	Legges	12. at noone.	9	g	
30	e	Terme ends	Legges		10	a	

Uſe me tes that's warme, hot Spice and Wine:
Invite the Poore to ſup and dine.

1. Day, Sun riſeth at 8. and 10. min. ſets at 3. and 50. min.
15. Day, Sun riſeth at 8. and 12. min. ſets at 3. and 47. min.

1	f	Eulegie biſh.	Legges		11	b	
2	G	Advent. Sund.	Feete		12	c	
3	a	Wed. goes out	Feete	☽ Firſt quar-	13	d	
4	b	Barbara	Head	ter the 3. day	14	e	
5	c	Sabbe biſh.	and	halfe an houre	15	f	
6	d	Nicholas	face	paſt three in	16	g	
7	e	Ambroſe	Necke and	the morning.	17	a	
8	f	Conc. of Ma	throate		18	b	
9	G	Cyprian	Armes and	●	19	c	
10	a	Eulalie	hands	Full Moone	20	d	
11	b	Damaſe biſh.	Breſt and	eclipſed the	21	e	
12	c	Sol in Capri.	ſtomacke	10. day, about	22	f	
13	d	Lucie virg.	Heart and	halfe an houre	23	g	
14	e	Ember weeke	bache	paſt 12. at mid-	24	a	
15	f	Valerius bi.	Bowels and	night.	25	b	
16	G	O ſapientia	belly		26	c	
17	a	Lazarus	Loynes and	☾ Laſt quar-	27	d	
18	b	Gratian	reynes	ter the 17. day	28	e	
19	c	Venetia vir.	Secrets	at 5. at night.	29	f	
20	d	Iulian. tail	and		30	g	
21	e	Thomas Apo.	bladder		31	a	
22	f	10. Mart.	Thighes		1	b	
23	G	Victor. Mar.	and		2	c	
24	a	Candide tail	hanches		3	d	
25	b	Christmas day	Knees	●	4	e	
26	c	S. Stephen	Knees	New Moone	5	f	
27	d	S. John Evan.	Knees	the 25 day,	6	g	
28	e	Innocents	Legges	halfe an houre	7	a	
29	f	Thom. Becket	Legges	paſt 4. in the	8	b	
30	G	Iames tran.	Feete	morning.	9	c	
31	a	Silveſter	Feete		10	d	

White. 1638.

A Prognostication for this yeare of our Lord God. 1638.

Being the second from the *Bissextile*, or Leape-yeare.

VVherein is conteyned the state *of the whole Yeare; the disposition of* each Quarter; and the Inclination of the Weather for euery Quarter of the Moone throughout the whole Yeare.

With the meeting of the Planets and the Moone; also Husbandry Aduertisments, *with other things fit to be known, both pleasant and profitable.*

And at the end of the Booke, is the whole *Almanacke, conteyned in one Leafe, for this* Yeare 1638. which being cut out, is fit to be placed into a Table-Booke, Booke of Accompt, or other.

By *Iohn White*, Well-willer to the *Mathematicks*.

LONDON,
Printed for the Company of Stationers. 1638.

A Chronologie or Computation of yeeres to this present yeere. 1658.

Since the Creation of the World to this yeare	5587
Since the Flood	3931
Since London was built	2746
Since Yorke was built	2604
Since Rome was built	2389
Since the destruction of Ierusalem	1567
Since England first received the Christian Fayth	1458
Since the Conquest of England by Duke William	572
Since S. Paules Church in London was built	552
Since London bridge was built with stone	462
Since the first Lord Maior of London	447
Since the Order of the Knights of the Garter	294
Since the Invention of Gunnes	258
Since the Art of Printing was invented	178
Since King Henry the 8. conquered Bulloyne	93
Since the first vse of Coaches in England	83
Since the burning of Paules steeple	77
Since the Royall Exchange was built	73
Since the Earles rebelion in the North	69
Since the blasing Starre, and sharpe Winter	66
Since the Massacre in France	66
Since the whole Heauens seemed to burne with Fire	64
Since the former deepe Snow	59
Since the generall Earthquake	58
Since Tobacco was first vsed in England	53
Since the Campe at Tilbury in Essex	50
Since the greate Plague in London	35
Since the Gunpowder Treason	33
Since the former great Frost	30
Since the death of Prince Henrie	26
Since the former deepe Snow	23
Since the last Blasing-starre	20
Since his Maiesties returne from Spaine	15
Since the fall at Blackfryers	15
Since his Maiesties proclaiming	13
Since Prince Charles was borne.	8

A briefe Declaration of the Disposition of the foure Quarters of this Yeare.

And first of Winter.

The Winter Quarter best doth prophenate
To all Degrees, and Sexes, their estate.

Sol in Capricorne, Aquarius, Pisces.

THe Winter (or first Astronomicall Quarter) began the last yeare 1637. vpon Tewesday the 12. of December; (and continueth this yeare 1638. till Sunday, being the 11. of March: at which time the Sun did make his entrance into the first degree of Capricorne, and continueth while hee maketh his passage through these three Hyemnall Signes, Capricorne, Aquarius, and Pisces.

By nature this Quarter is cold and moyst, (and opposite to the Summer, being of the Phlegmaticke Complexion, which humor doth most predominate in our bodies from three of the Clocke in the afternoone, till 12. of the clocke at night. The tost Mariners now doe endure many a storme on the raging Ocean; the Windes are strong and high, making the billowes of the Sea to some and swell: The Floods are high, the Ayre is cold and piercing, the Dayes are short, the Nights long, and the strength and vigour of every Creature decayeth. The pores of the Earth are now enclosed and shut vp by the extreame coldnesse of the Ayre: Fowles get them to the warmest Regions, Beasts seeke for a shelter, Serpents betake them to their dennes, and the Fishes get into the deepest of the waters for their warmth and comfort: For whatsoeuer the cheerefull Spring and comfortable Summer did produce and nourish, this Quarter doth destroy and vanish The colder and drier the Winter is, it is the more wholesome for Man & Beast: yet too much cold killeth Plants

and Trees in a cold Climate: A moyst and warme Winter is an enemy to Nature, but a friend to Husbandry; and indifferent store of Snow doeth ranken the Earth, and preserueth Corne. Now for the preseruation of our healths, it is fit that wee should vse such Meates whose operation are of a hot and drie qualitie, expelling the cold & vnwholsome ayre with good Fires, warme Bathes, comfortable Drinkes, and strong Wines: Being carefull to keepe thy Head and Feet from cold and wet: But yet can the body digest more grosse and strong Meates then in Summer, by reason that the naturall heate is driuen (by the coldnesse of the ayre) into the inward parts of the body, to comfort the vitall Spirits, and to helpe digestion.

The ordinary Sicknesses of this Quarter, are these (or such like) as Rhewmes, Coughes, Poles, Palsies, Gowtes, Sore Eyes, Cathars, Crampes, Tooth-ach, Sciaticaes, Flures, &c.

Of the Second part of the Yeare called the Spring.

The Spring compared is to Infancy,
To spring and grow in Vertue till we dye.

Sol in Aries, Taurus, Gemini.

THe Spring (being the most comfortable Quarter of all the yeare) beginneth at that time when the glorious and resplendant Sunne entreth into the first degree of the first Equinoctiall Signe Aries, which is vpon Sunday being the xi. of March, and continueth till Tewesday the xii. of June, in which space of time the Sunne maketh his reuolution through these three Vernall Signes, Aries, Taurus, Gemini.

This Quarter of its proper nature is hot and moyst, participating of the Sanguine Complexion: which humour hath most predomination from nine a Clocke at night, till three of the Clocke in the morning. Now are the dayes and nights of an equall length, and the cheerefull Sunne seemes to smile vpon the face of the new recouered Earth, causing it to produce all kinde of varieties to our Senses. This of all the other Quarters of the yeare, is the most pleasant and wholesome

some, it being the most conuenient time to remoone Diseases of a long continuance, and to preuent those which are like to ensue. Now doe the Birds of the ayre couple and breed, Beasts of the Earth increase, and the Fishes of the Waters doe multiply in abundance, forsaking the deepe to liue in more shallowe places: And now the Earth bringeth foorth all sorts of Flowers, Hearbes, Fruites and Plants, for the needfull vse of Man and Beast. The Spring ouer-wet increaseth Weedes, causing Fruits to be scarce and rotten: It is fitting (for the preseruation of our healths) that we now vse such Meates as are of a colde and drie qualitie; and let your Drinkes be more coole & small then in Winter: And now (if need require) is the best time to Purge, Bathe, Bleede, and Sweat.

The vsuall Infirmities of this Quarter, are Smal-pocks Measels, Scabbes, Pushes in the face, Rings euill, Agues, Feauers, &c.

Of the third part of the Yeare, called Summer.

Like Man in his chiefe state and lusty yeares,
The ripening Summer Quarter best appeares.

Sol in Cancer, Leo, Virgo.

The Summer Quarter beginneth at that time when the scorching Sun entereth into the first degree of the Northren Tropique of Cancer, which is vpon Tewesday the xii. of June, and doeth continue till Thursday the xiii. of September, in which space of time hee passeth through these three Solsticiall Signes, Cancer, Leo, Virgo.

The vsuall condition of this Quarter is to be hot and dry, participating of the Cholericke Complexion, which humour doeth chiefely gouerne from 3. of the Clock in the morning, till 9. before noone. Now is the Sunne at the highest, causing the dayes to be at the longest, and nights shortest. Heate is at the highest, floods at the lowest, Seas most quiet, and the Winds most calme: And now is the fruitfull Earth cloathed in her richest embroydery, imparting of her store to all sensible Crea-

tures for their vse and comfort: Flowers are in their beautie, and Fruit in their delicacie: and the painefull Bees gather their Honey for their future sustenance: Now naturall heate is dispersed abroad vnto the outward parts of the Body, & Man is not so hot within as in Winter, neither can hee digest such grosse and strong Meates, as then; yet the most small and coole Drinkes are most conuenient for our healths, and little store of Meates doeth best suffice Nature, and those which bee boyled are most wholesome, and vse such things as are of a cleare and moyst qualitie: An ouer-wett Summer rotteth Fruite, and destroyeth Corne.

The Sicknesses and Diseases of this Quarter, are Feuers, Pestilence, Iaundies, Agues, paine in the Head and Belly, &c.

Of the fourth part of the Yeere, called Autumne or Harueſt.

As Autumne steales the sappe from Tree and Flower,
So Death comes creeping neerer euery houre.

Sol in Libra, Scorpio, Sagitarij.

HArbest or Autumne, (vsually called the Fall of the Leafe) doth begin when the Sun entereth into the first degree of Libra, which is vpon Thursday the viii. of September, where hee maketh the second Equinoctiall, and continueth vntill Allhollow day being the xii. of December; in which time hee maketh his passage through these three Signes, Libra, Scorpio, Sagitari.

The naturall qualitie of this Quarter is to be cold and drie, taking the greatest part of the Melancholy Complexion, which humor doth chiefely reigne from ix. of the Clocke in the Morning, till iii. in the afternoone. The dayes are now againe equally ballanced with the nights; the Graſſe is mowed, Corne reaped, Fruites gathered and the painefull husbandman reapeth the profit of his forepassed labours: Now doeth the Earth loose the beautie of her former glorie, Flowers fade, Leaues dot fall, Floods increase, and all Creatures loose their former strength & vigour, and the most part of sensible Creatures seeke for

for shelter against the stormie ensuing Winter: Of all the other Quarters of the yeare this is the most vnwholsome, breeding diseases of diuers kinds in our bodies; therefore beware of the morning and euening cold, & vse such things as are of a hot and moist quality: It is now a time (if need require) to Purge, Bath, and Bleed: Autumne being ouerwet putrifieth Grapes, making bad Wines, and scarcity of Fruit.

The diseases and sicknesses of this Quarter are many, as these or the like; the Stone, paine in the Backe and Kidnies, sore Eyes, Melancholy, Falling sicknesse, Agues, Fluxes of Blood, Fistulaes, Emrods, Spleene, &c.

Of the meeting of the Planets with the Moone in each Moneth for this yeare, whereby you may learne to know them *and their motion from the fixed Starres:* Also the disposition of the weather for every Quarter of the Moone *for this Yeare*, 1638.

Ianuary.

The 4 day Saturne and Mercuri
The 8 day Venus
The 25 day Iupiter
The 26. day Mars
} is neere the Moone.

New Moone on Friday the v. day, xiii. minuts past iiii. of the clocke in the morning cold Raine.

First Quarter on Saturday the xiii. day, at v. of the clocke in the morning, Frost, or Snow.

Full Moone on Friday the xix. day, 36 minuts past ix. of the clocke at night. Faire.

Last Quarter on Friday the xxv. day, 14. min. past vii. of the clocke at night, Frost.

February.

The 1. day Saturne
The 5 day Mercuri
The 7. day Venus
The 21. day Iupiter
The 24. day Mars
} is neere the Moone.

New Moone on Sunday the iiii. day, halfe an howre past midnight, indifferent.

First Quarter on Sunday the xi. day, 11. min. past v. of the clocke in the morning, Frost.

Full Moone on Sunday the xviii. day, 43 min. past vii. of the clocke in the morning, Tempestious.

Last Quarter on Sunday the xxv. day 43 min. past xii. of the clocke at noone, Mist.

March.

The 1. day Saturne
The 3. day Mercuri
The 8. day Venus
The 21. day Iupiter
The 24 day Mars
The 28. day Saturne
} is neere the Moone.

New Moone on Monday the v. day, 25. min. past iiii. of the clocke after noone, Windy.

First Quarter on Tewesday the xiii. day, 50. in. past one of the clocke in the morning, Windy.

Full Moone on Monday the xix. day, 17. min. past vii. of the clocke in the Euening, Mist.

Last Quarter on Tewesday the xxvii. day, 25. min. past vii. of the clocke in the morning, Faire.

Aprill.

The 1. day Mercuri
The 5. day Venus
The 17. day Iupiter.
The 21. day Mars
The 25. day Saturne
} is neere the Moone.

New Moone on Wednesday the iiii. day, 55. min. past vi. of the clocke in the morning, Faire.

First

First Quarter on Wednesday the xi. day, 55. min. past viii. of the clocke in the morning, great Winds.

Full Moone on Wednesday the xviii. day, 35. min. past v. of the clocke in the morning, Haile.

Last Quarter on Thursday the xxvi. day, 55. min. past one of the clocke in the morning, cold Ayre.

May.

The 2. day Venus
The 3. day Mercuri
The 14. day Iupiter
The 18. day Mars
The 22. day Saturne
} is neere the Moone.
The 29. Venus

New Moone on Thursday the iii. day, 28. min. past vi. of the clocke in the euening, Windy.

First Quarter on Thursday the x. day, 52. min. past xii. of the clocke at noone, Raine.

Full Moone on Thursday the xvii. day, at vi. of the clocke at night, a cold Ayre.

Last Quarter on Friday the xxv. day 17. min. past vii. of the clocke in the euening, Raine.

Iune.

The 3. day Mercuri
The 10. day Iupiter
The 13. day Mars
The 18. day Saturne
} is neere the Moone.
The 27. day Venus

New Moone on Saturday the ii. day, 42. min. past iii. of the clocke in the Morning, Cloudy.

First Quarter on Friday the viii. day, 26. min. past vi. of the clocke in the euening, Faire.

Full Moone on Saturday the xvi. day, 33. min. past vii. of the clocke in the morning, Faire.

Last Quarter on Sunday the xxiii. day, 56. min. past x. of the clocke before noone, wet Weather.

Iulie.

The 7 day Iupiter is neere the Moone.
The 11. day Mars is neere the Moone.

The

The 15. day Saturne
The 27. day Venus
The 29. day Mercuri
} is neere the Moone.

New Moone on Sunday the first day, 35. min. past xi. of the clocke before noone. Faire.

First Quarter on Sunday the viii. day, 57. min. past one of the clocke in the morning, Showres.

Full Moone on Sunday the xv. day, 19. min. past x. of the clocke at night, Cloudy.

Last Quarter on Monday the xxiii. day, 23. min. past xii. of the clocke at midnight, faire.

New Moone on Monday the xxx. day, 50. min. past vi. of the clocke in the morning, Tempestious.

August.

The 4. day Iupiter
The 7. day Mars
The 11. day Saturne
The 25 day Venus
The 29. day Mercuri
} is neere the Moone.

First Quarter on Monday the vi. day, at xii. of the clocke at noone. Indifferent.

Full Moone on Tewesday the xiii. day, 57 min. past one of the clocke in the afternoone, Windy.

Last Quarter on Wednesday the xxii. day, at xi. of the clock before noone, Wett.

New Moone on Wednesday the xxix. day, at ii. of the clocke in the morning, Fayre.

September.

The 1. day Iupiter
The 5. day Mars
The 7. day Saturne
The 24. day Venus
The 28. day Iupiter & Mercuri
} is neere the Moone.

First Quarter on Wednesday the v. day, 27 min. past ii. of the clocke in the morning, Wett.

Full Moone on Thursday the xiii. day, 58. min. past v. of the clocke in the morning. Cold.

Last Quarter on Thursday the xx. day, 26. min. past viii. of the clocke at night, Cloudy.

New

New Moone on Thurſday the xxvii. day, 24. min. paſt vi. before noone, Windy.

October.

The 4. day Mars
The 5. Saturne
The 24. day Venus
The 25. day Mercuri
The 26. day Iupiter
} is with the Moone.

Firſt Quarter on Thurſday the iiii. day, 54. min paſt viii. of the clocke at night, Windy.

Full Moone on Fryday the xi. day, 44 min. paſt ix. of the clocke at night, cold Raine.

Laſt Quarter on Saturday the xx. day, 50. min. paſt iii. of the clocke in the morning, hard Weather.

New Moone on Friday the xxvi. day, 31. min paſt x. of the clocke at night, Wett.

Nouember.

The 1. day Saturne
The 2. day Mars
The 23. day Iupiter, Venus and Mercuri.
The 28. day Saturne
} is neere the Moone.

Firſt Quarter on Saturday the iii. day, 13. min. paſt iii. of the clocke afternoone, Variable.

Full Moone on Sunday the xi. day, halfe an houre paſt xii. of the clocke at noone, Froſt.

Laſt Quarter on Sunday the xviii. day, 45. paſt x. in the morning, great Winds.

New Moone on Sunday the xxv. day, viii. min. paſt xii. of the clocke at noone, Wet.

December.

The 1. day Mars
The 21. day Iupiter
The 23. day Venus
The 25. day Mercuri
The 26. day Saturne
The 30. day Mars
} is neere the Moone.

Firſt Quarter on Munday the iii day, at xii. of the clocke at noone, Faire.

Full

Full Moone (Eclipsed) on Monday the x. day about halfe an houre past xii. of the clocke at midnight, Wett.

Last Quarter on Monday the xvii. day, at v. of the clocke at night, windy.

New Moone on Tewesday the xxv. day, 35. min. past iiii. of the clocke in the morning, Frost.

An Eclipse of the Moone.

On the tenth day of December, about halfe an houre past twelue of the clocke after midnight, may bee seene the Moone totally Eclipsed (if the cloudes shall bow her not from our sight.)

Of the seuerall Conquests of ENGLAND.

Of Ilands *England* was the greatest Ile,
by *Iulius Cæsar* first of Romans knowne;
By Frenchmen next it was possest a while,
by *Claudius Cæsar* they were overthrowne,
To whom, though they allegeance due did yeeld,
yet still their Lawes and Customes they retain'd,
Though they by Strangers then were foild in Field,
to beare a Strangers yoake yet they disdain'd.
Amongst all Ilands *England* was the first,
that entertaind the Gospell of the Lord,
Till *Diocletian* for blood did thirst,
on all that to this Doctrine did accord.
This land by *French-men* and by *Scots* oppress,
the *Saxons* ayded it, and it enioy'd,
Till *Danes* did vanquish them, and it possest,
who by the former People were destroy'd:
And ever since, the Noble *Normans* race
fiue hundred seventy yeares haue here remain'd,
No Forreigne powers their Kingdome could deface,
such stout victorious Kings of them haue raign'd.
Heavens keepe our royall King, her Majestie,
And ever blesse their Royall Progenie.

The

The beginning, continuance, and ending of the Kings reignes since the Conqueſt with the time how long it is ſince, to this Yeare 1638.

Being fit for Scriueners, and ſuch as are imployed in Law cauſes.

The Kings names	Began his reigne.			Reigned yeers.	mon.	daies	Since their Reignes.	
Wil. Conq.	1066	Octob.	14	20	11	22	571	Octob. 14
Wil. Rufus	1087	Septem.	9	12	11	19	551	Septem. 9
Henry 1	1100	Auguſt.	1	35	4	11	537	Auguſt 1
Stephen	1135	Decem.	2	18	11	19	503	Decemb. 2
Henry 2	1154	Octo.	25	34	9	2	484	Octob. 25
Richard 1	1189	Iuly	6	9	9	22	449	Iuly 6
Iohn	1199	April	6	17	7	0	439	April 6
Henry 3	1216	Octob.	19	56	1	0	422	Octob. 19
Edward 1	1272	Noue.	16	34	8	9	368	Nouem. 16
Edward 2	1307	Iuly	7	19	7	6	330	Iuly 7
Edward 3	1326	Ianua.	25	50	5	7	312	Ianuary 25
Richard 2	1377	Iune	21	22	3	16	261	Iune 21
Henry 4	1399	Septe.	29	13	6	5	239	Septem. 29
Henry 5	1412	March	20	9	5	24	226	March 20
Henry 6	1422	Auguſt.	31	38	6	18	216	Auguſt 31
Edward 4	1460	March	4	12	1	8	178	March 4
Edward 5	1483	April	9	0	2	18	155	April 9
Richard 3	1483	Iune	22	2	2	5	155	Iune 22
Henry 7	1485	Auguſt.	22	23	8	19	153	Auguſt 22
Henry 8	1509	April.	22	37	10	2	129	Aprill 22
Edward 6	1546	Ianua.	28	6	5	19	92	Ianuary 28
Mary	1553	Iuly	6	5	4	22	85	Iuly 6
Elizabeth.	1558	Noue.	17	44	4	15	80	Nouem. 17
K. Iames.	1602	March.	24	22	0	3	36	March 24

K. Charles. 1625. Mar. 27. After which, writing 14. yeares.

The explanation of the former Table.

NOte that euery King began his raigne, the same time that the next precedent King ended his.

If you desire to know how long it is since the beginning of the raigne of any King, looke how long it is since the ending of the precedent King, and there you shall finde your request.

As for example: If you would know when King Henry the 8 began his raigne, how long he raigned, and also how long it is since his raigne: find out first his name amongst the names of the Kings, and searching the row towards the right hand, you shall finde he began his raigne in the yeare 1509 the 22 of Aprill, and vnder the title of the time that he raigned, is 37 yeares, 10 months, and 2 days: And looking forward in the same rowe, where is 127 yeares Aprill 22 vnder the title of since his raigne.

How to iudge what Weather will follow, by the rising and setting of the Sunne.

THe Sunne rising bright and cleare, signifieth a pleasant day: If he rise fiery red, it promiseth raine: If in his rising hee bee thinly ouercast with a cloud, it betokeneth foule weather: If the Sun driue the clouds before him into the West, it signifieth faire weather: If at his rising there appeare a circle about him, & vanisheth away equally, it betokeneth fair weather. Also, if he setteth red, it signifieth faire weather: If at his setting he be of diuers colours, or clouds like water, it threatneth raine. If at the rising of the Sun, his beames seeme red, or long, or incompassed with red clouds, it signifieth great windes: If at his setting there appeare a thicke myst, or if it raineth in the euening, it threatneth very foule weather to follow. Also, if the Sunne beames be spotted eyther greene, pale, or blacke, gathered to a cloud, it signifieth raine. The Sun setting cleare without any cloud, signifieth a faire night to ensue. If the circle, or circles about the Sun be cleare, & of no continuance, looke for faire weather: If there be many circles, it signifieth windes: the redder they are, the more vehement winds. If the circles are heere and there broken, and are thicke and blacke, looke for cold wind or snow: Or, if he settle behinde a great black cloud, raine followeth.

How

How weather is foreknowne by the Moone.

IF the Moone in the third day of her change, or three daies before her full, or in the midst of the quarter, be found of pure light, nothing encompassing her, the ends direct vp, shee promiseth fayre weather: but bent to red color, prouoketh winds. The Moon pale, or somwhat blacke, or thicke, threatneth raine. When the Moone is fiue dayes olde, marke the tips of her hornes, if they be blunt, it signifieth raine: if sharpe pointed and pricking vpwards, great winds. If in the fourth day after her change, she haue a red circle about her, it signifieth winds and raine.

Of the iudgement of the weather by the Starres.

IF the Starres appeare of much light and seeme to be of more bignesse & blazing then ordinary, it betokeneth great windes & moysture in that part where they seeme to: and in Winter, great frostes. When diuers Starres appeare with long fiery tayles, it threatneth winds, and great drought: the more in number, the greater will be the effect. Also, when Starres seeme to shoot or fall, it signifieth great winds in that place: If they seeme to shoot in diuers places, it signifieth diuers winds: If in all places, winds, thunder, lightning, and most tempestuous weather.

A short Instruction, and very necessarie to know *the times and seasons when to Sow, and replant* all maner of Seedes for the Garden.

SOw Cabbages in Febuarie, March, or Aprill, in the Wane of the Moone: and replant them in the Decrease.

Sow Cabbage-Lettuce in Febuarie, March, or July, in the old of the Moone.

Sow Onions & Leekes, in Febuary or March, at the Wane of the Moone.

Sow Beetes in Febuarie or March, at a full Moone.

Sow

Sow Colewoorts white & greene, in the middle of August or September: Plant the young ones in October, and sett them againe in November.

Sow Parsneps in February, Aprill, or June, in a fayre day.

Sow Radish in February, Aprill, or June, in the increase of the Moone.

Sow Pumpions, Cowcumbers, Mellons, and Gourdes, in February, March, or June, in a hotte and fayre day.

Sow Spinage in February or March, in the old of the Moone

Sow Parsely, Fennell, and Annis-seede, in February or March at the full of the Moone.

Sow white Cicory in February, March, July, or August, in a full Moone.

Sow Cardus-benedictus in February, March, or May, when the Moone is old.

Sow Basill in March, in an old Moone.

Sow Purslaine in February, or March, in ye increase of ye moone.

Sow Margeram, Violets, Time, Flower-gentle, Rosemary, & Lauender, in February, March, or Aprill, at the increase of the Moone.

Sow Garden-cresses, and Rocket, in February, at the increase.

Sow Sauill in February or March, at a new Moone.

Sow Coriander, and Borage, in February or March, at the Moones increase.

Sowe Harts-horne, and Samphire, in February, March, or Aprill, at an old Moone.

Sow Gilliflowers, Hearts-ease, and Wall-flowers, in March or Aprill, in an old Moone.

Sow Cardus, and Artichokes, in March or Aprill, when the Moone is old

Sow Chick weed, in February or March, at the full of the Moone.

Sow Burnet in February or March, at an old Moone.

Sow Hisop and Sauery in March, when the Moone is old.

Sow double Marigolds in February or March, at the increase of the Moone.

Sow Larkes-foote, Sparges, and Sperage, in February, in an old Moone.

Sow

Sow white Poppy, and Palma-Christi in February or March, at the increase of the Moone.

Sow all manner of Corne the Moone increasing, she being in Cancer, Libra, or Aquarius.

Set or sow all kind of Seeds the Moone in Aries, Taurus, Cancer, Virgo, Libra, Capricorne, Aquarius, or Pisces: but those Seedes whose Rootes are round, should be sowne three or fower dayes before, or after the full Moone.

Certaine and short Rules, for the comforting of the chiefe officiall Members of the Body of Man.

Things which are good to comfort the Head.

LIgnum-Aloes, Marioram, Galingale, Muske, Rosemary, Roses, Camomell, Rue, Frankincence, Nutmegs, Hyssop, Balme, Mints, Spike, and Oladen.

Things good for the Eyes.

Fennell, Acornes, Cloues, Cold water, Celendine, Eybright, Roses, and Agrimony.

Things good for the Stomacke.

Nutmegs, Cloues, Dictamum, Coxall, Saffron, Quinces, Wormewood, Olibanum, Agrimony, Fumetory, Mastick, Lignum-Aloes, Spodium, and Coriander prepared.

Things good for the Heart.

Saffron, Cloues, Sinamon, Mace, Nutmegs, Marioram, Burrage, Buglosse, Rosemary, Mirabolanes, Pearles, Lignum-Aloes, Coxall, Muske, and Setwell.

Things good for the Liuer.

Liuerwort, great Raysons. Wormewood, Agrimony, Saffron, Cloues, Endiue, Violets, Fennell, Plantine, Dragons, Rose-water, Lettuce, Violets, Sanders.

Things good for the Lungs.

Licorice, Raisons, Almonds, Dates, Lungwort, Maydenhaire, Enecampane, Pillaces, and Benedict.

Things hurtfull for the Body.

Meates hurtfull to the Teeth.

NUts, Meates very hot, Warme drinke, Sweete meates and drinkes, Radish rootes, Hard meates, Bitter meates, Milke, much Vomiting, Leekes, Fatte of Fish, Colworts, & Limmons.

Things hurtfull to the Eyes.

Garlicke, Onions, Radish, Drunkennesse, Letcherie, Sweete and thicke Wines, Salt meates, Colewoorts, all Pulse, Must, Wine, Dust, Smoake, Fire, and reading presently after supper.

Rules of Mensuration.

A Fingers breadth is foure Barly cornes in thicknes; and an Inch three Barly cornes in length: A hands breadth foure fingers: A span is three hands breadth; A foot is foure hands breadth: A Geometriall Pase is fine foot: an English Pearch is xvi. foot ½. A Furlong is a hundred & twenty fine pases, or six hundred twenty and fine foot: An English Furlong is fire hundred and threescore foot, or a hundred thirtie two paces: A League is a thousand and fine hundred pases: An Italian Mile is a thousand pases, or eight Furlongs: A common German Mile is thirty two Furlongs. An English Mile is eight Furlongs: An Acre is foortie Pearches in length, and foure in bredth.

A short Instruction for the Table following.

NOte that the first Columme or Row, containeth the Names & number of Shires, the second of Cities, the third of Bishoprickes, the fourth of Castles, &c. Now goe straight in a line, and you shall easily finde the number Alphabetically, aswell for the English as for the Welsh shires: As for example, Buckinghamshire hath no Citie, no Bishoprickes, 11. Market Townes, no Castles, 185. Parishes, &c.

A Catalogue of all the Shires, Cities, Bishoprickes, Market-Townes, Castles, Parishes, Riuers, Bridges, Chases, Forrests, and Parkes, conteyned in euery particular Shire in the Kingdome of England.

Shires.	Cities.	Bishoprickes.	Market-townes.	Castles.	Parishes.	Riuers.	Bridges.	Chases.	Forests.	Parkes.
Barke shire.	0	0	11	2	140	3	7	0	1	13
Bedford shire.	0	0	10	0	116	1	6	0	0	12
Buckingham shir.	0	0	11	0	185	2	14	0	0	15
Cambridge shire.	0	1	6	0	163	1	7	0	0	5
Cheshire.	1	1	9	3	68	9	19	0	2	18
Cornwall.	0	0	23	6	161	7	31	0	0	9
Cumberland.	0	1	8	15	58	20	33	0	3	84
Darby shire.	0	0	8	4	106	13	21	0	1	33
Deuon shire.	1	1	40	3	394	23	106	0	0	22
Dorcet shire.	1	0	18	6	248	4	29	1	2	11
Durham.	0	1	5	4	62	11	20	0	0	26
Essex.	1	0	21	1	415	7	28	0	1	19
Gloucester shire.	1	1	20	1	180	12	22	1	2	2
Hamp shire.	1	1	18	5	248	4	31	0	4	23
Hartford shire.	0	0	18	0	120	1	24	0	0	23
Hereford shire.	0	1	8	7	176	13	11	1	2	8
Huntington shir.	0	0	5	1	78	1	5	1	1	73
Kent.	2	2	17	8	398	6	14	0	0	20
Lancashire	1	0	8	6	36	33	24	0	1	33
Leceister shire	1	0	11	2	200	1	10	0	2	13
Lincolne shire	1	1	26	2	630	9	15	0	0	12
Midlesex	2	1	3	0	73	1	3	1	0	4
Northamton shi.	1	1	11	2	326	5	24	0	3	4
Nottingham shi.	1	0	11	0	168	5	17	0	1	8
Northumberland	0	0	11	12	40	21	16	0	1	8
Norfolke	1	1	26	0	660	3	15	0	0	0

Shires.	C.	Byſh.	M.T.	C.	Parr.	R.	Br.	Ch	For.	Park.
Oxford ſhire	1	1	10	0	208	3	26	0	4	9
Rutland	0	0	2	0	47	0	1	0	0	4
Shrop ſhire	1	0	13	13	170	18	13	0	7	27
Somerſet ſhire	3	2	29	1	385	9	45	0	2	18
Stafford ſhire	1	1	12	5	130	13	19	1	1	38
Suffolke	0	0	8	1	464	2	32	0	0	27
Suſſex	1	1	18	1	312	2	10	0	4	33
Surrie	0	0	7	0	140	1	7	0	2	17
Warwicke ſhire	1	1	12	1	158	7	21	1	0	16
Weſtmoreland	1	0	4	6	6	8	15	0	2	19
Wilt ſhire	1	1	21	1	304	5	31	1	9	19
Worceſter ſhire	1	1	7	3	152	5	13	1	2	16
Yorke ſhire	1	1	46	14	563	36	62	4	8	72
Angleſey.	0	0	3	0	83	8	2	0	0	0
Brecknocſhire.	0	0	3	4	70	27	13	0	0	2
Cardigan ſhire,	0	0	4	0	77	26	9	0	3/4	0
Carmarthin ſhire	0	0	6	4	81	20	16	0	1/4	2
Carnaruan.	0	1	5	3	73	17	6	0	1/4	0
Denbigh ſhire.	0	0	3	3	53	24	6	0	0	0
Flint ſhire.	0	1	3	4	24	4	2	0	0	2
Glamorgan ſhire	0	1	7	12	151	16	6	0	0	5
Montgomery ſhi	0	0	5	3	42	28	6	0	0	1
Monmouth ſhire	0	0	6	7	142	15	14	1	0	8
Merionidth ſhire	0	0	3	2	34	26	7	0	0	0
Penbroke ſhire	0	1	6	5	142	6	7	0	2	3
Radnor ſhire	0	0	4	5	43	13	5	0	0	0

The Contents, Compas, Length, and *Breadth of* ENGLAND.

Thus much in Miles whole *England* it containes ;-34866
Thus much in Miles will reach about it round : —1890
Her length from *Lyzard-point* to *Barwick-ſtraits*—334
Twixt *Dover*, & *Holy-head* the breadth is found.—250

A Table to know how many Howers and Minutes the Moone shineth euery Night in the Yeare.

The age of the Moone encreasing.	The Houres and Minutes that she shineth.		The age of the Moone decreasing.
☽	*Houres.*	*Minutes.*	☾
1	0	48	29
2	1	36	28
3	2	24	27
4	3	12	26
5	4	0	25
6	4	48	24
7	5	36	23
8	6	24	22
9	7	12	21
10	8	0	20
11	8	48	19
12	9	36	18
13	10	24	17
14	11	12	16
15	12	0	15

The Moones night shining. The Moones morning shining.

The vse of this Table.

SEeke the age of the Moone in the Almanack, then looke the same in this Table, which you shall find either in the increasing or decreasing, and then in the middle Columne you shall without further labour find the time of her shining.

As for Example: Upon the 9 day of January, I would know how many Howers and Minutes the Moone shineth: I find in the Almanack it is New moone the 5. day: then reckoning from the 5 day, I find she is 5 daies old: Then entring this Table, it sheweth, she shineth 4 howers and 0 minutes: So doth she likewise when she is 25 daies old, &c.

Times of Mariage prohibited by our Church, unleſſe they haue a Licenſe.

FRom Aduent Sunday (the 3. of December 1637) till 8. dayes after Twelfe day, being the 14. of January.

From after Septuageſima Sunday (being the 21. of Ianuary) till the 1. of Aprill.

From Monday before Aſcenſion day (being the 30. of Aprill) till Trinitie Sunday the 20. of May.

The explanation of a new and eaſie Kalender here following, for this preſent Yeare, 1638.

NOte that euery Moneth conteyneth three rowes or Collumnes, (the Figures for the number of Dayes excepted) the firſt Columne towards the left hand conteineth the Wecke Daies and Sunday Letter. The ſecond, the Signe wherin the Moone is euery day. And the third, the Changes and Quarters of the Moone. Note that the being thus ○ figured doth ſignifie the new Moone: and placed this) way is the firſt Quarter: This ● the Full Moone; And againe this (the laſt Quarter. Note alſo, that the Figures ouer the head of the Moones, doe ſignifie the houre of her Changes; and the Letters vnderneath, the time after noone, or after midnight, N. ſtanding for after noone till Midnight, and M. for after Midnight till Noone.

As for example, Againſt the 5. day of January, being Friday, I do find the Moon in ♑ Capricorne, & is thus ○ charactered, which is the new Moone at 4 of the clock in the morning.

Againe, on the 11. of February being Sunday, I doe finde the Moone in ♉ Taurus, and is thus) charactred, which is the firſt Quarter, at 5. of the clocke at night, &c.

Note alſo, that at the head of euery Moneth is placed the riſing and ſetting of the Sunne for the middle of euery Moneth. As for example, for the midſt of January the ☉. Sunne riſeth at 7 of the clock and 43 minutes; and ſetteth at 4 of the clock and 17 minutes, &c.

It alſo conteyneth (on the back ſide of the leafe) for euery Moneth, the Holy-dayes, and Feaſts, both Moueable and Immoueable; with the beginning and ending of euery Terme: As, Twelfeday is on the 6 of January, Eaſter day on the 25. of March: Whitſunday is on the 13 of May; Terme begins on the 23 of January, and endeth the 12 of February, &c.

A briefe and easie Kalender for this Yeere 1638. which being cut out, is fit to be placed *into any Booke of Accompts, Table-booke, or* other, comeyning the whole Almanacke, in a short method; By *Iohn White.*

Dayes.	January. ☉7.43 4.17.	Febrvs. ☉6.46 5.14.	March. ☉5.50 6.10.	Aprill. ☉4.51 7.9.	May. ☉4.4 8.56.	Iune. ☉3.47 8.13.	Iuly. ☉4.12 7.48.	August. ☉5.4 6.56.
1	a ♐	b ♍	b ♒	G ♓	b ♈ at	c ♊ at 4	G ♌ ○	c ♍
2	b ♐	c ♒ at	c ♒	a ♈ at	c ♉ 6	f ♊ ○	a ♌ at	d ♍
3	c ♍ at	f ♒ 1	f ♒ at	b ♈ 7	d ♉ ○	G ♋ m	b ♍ 11	e ♎
4	d ♍ 4	G ♓ ○	G ♓ 4	c ♈ ○	e ♊ n	a ♋	c ♍ n	f ♎ a
5	e ♍ ○	a ♓ m	a ♓ ○	d ♉ m	f ♊	b ♌	d ♎	G ♏ 12
6	f ♒ m	b ♓	b ♈ n	e ♉	G ♊	c ♌ at	e ♎ at	a ♏ ☽
7	G ♒	c ♈	c ♈	f ♊	a ♋	d ♍ 6	f ♏ 9	b ♐ n
8	a ♓	d ♈	d ♈	G ♊	b ♋ at	e ♍ ☽	G ♏ ☽	c ♐
9	b ♓	e ♉ at	e ♉	a ♋ at	c ♌ 1	f ♎ n	a ♏ n	d ♑
10	c ♓	f ♉ 5	f ♉	b ♋ 8	d ♌ ☽	G ♎	b ♐	e ♑
11	d ♈ at	G ♉ ☽	G ♊ at	c ♌ ☽	e ♍ n	a ♏	c ♐	f ♑
12	e ♈ 5	a ♊ n	a ♊ 2	d ♌ m	f ♍	b ♏	d ♑	G ♒ at
13	f ♉ ☽	b ♊	b ♋ ☽	e ♍	G ♎	c ♏	e ♑ at	a ♒ 2
14	G ♉ m	c ♋	c ♋ m	f ♍	a ♎	d ♐ at	f ♑ 10	b ♒ ●
15	a ♊	d ♋	d ♌	G ♍	b ♏ at	e ♐ 7	G ♒ ●	c ♓ n
16	b ♊	e ♌ at	e ♌	a ♎ at	c ♏ 6	f ♑ ●	a ♒ n	d ♓
17	c ♋ at	f ♌ 8	f ♍ at	b ♎ 5	d ♐ ●	G ♑ m	b ♒	e ♈
18	d ♋ 9	G ♍ ●	G ♍ 6	c ♍ ●	e ♐ n	a ♑	c ♓	f ♈
19	e ♌ ●	a ♍ m	a ♎ ●	d ♏ m	f ♑	b ♒	d ♓	G ♉
20	f ♌ n	b ♎	b ♎ n	e ♐	G ♑	c ♒	e ♓ at	a ♉ at
21	G ♍	c ♎	c ♏	f ♐	a ♑	d ♓	f ♈ 12	b ♉ 11
22	a ♍	d ♏	d ♏	G ♑	b ♒	e ♓ at	G ♈ ☾	c ♊ ☾
23	b ♎	e ♏	e ♏	a ♑	c ♒ at	f ♈ 11	a ♉ m	d ♊ m
24	c ♎ at	f ♐ 1	f ♐	b ♑ at	d ♓ 7	G ♈ ☾	b ♉	e ♋
25	d ♎ 7	G ♐ ☾	G ♐ at	c ♒ 2	e ♓ ☾	a ♉ m	c ♊	f ♋
26	e ♏ ☾	a ♐ n	a ♑ 7	d ♒ ☾	f ♓ n	b ♉	d ♊	G ♌
27	f ♏ n	b ♑	b ♑ ☾	e ♓ m	G ♈	c ♊	e ♋	a ♌ at
28	G ♐	c ♑	c ♑ m	f ♓	a ♈	d ♊	f ♋ at	b ♍ 2
29	a ♐		d ♒	G ♓	b ♈	e ♋	G ♌ 7	c ♍ ☉
30	b ♑		e ♒	a ♈	c ♉	f ♋	a ♌ ○	d ♎ m
31	c ♑		f ♓		d ♉		b ♌ n	e ♎

♈. Aries, ♉. Taurus, ♊. Gemini, ♋. Cancer, ♌. Leo, ♍. Virgo, ♎. Libra, ♏. Scorpio, ♐. Sagittarii, ♑. Capricorne, ♒. Aquarius, ♓. Pisces. The ○ New Moone. The ☽ first Quarter. The ● Full Moone. The ☾ last Quarter. And G the Sunday Letter.

Day. M.	Septem. ☉6.4 5.56	Octob. ☉7.3. 5.57	Noue. ☉7 55 4.5.	Decem. ☉8.13 3.47
1	f ♏	a ♐	d ♑ at	f ♒ at
2	G ♏	b ♐ at	e ♒ 3	G ♓ 3
3	a ♐ at	c ♑ 7	f ♒ ☽	a ♓ ☽
4	b ♐ 2	d ♑ ☽	G ♓ n	b ♈ m
5	c ♐ ☽	e ♑ n	a ♓	c ♈
6	d ♑ m	f ♒	b ♓	d ♈
7	e ♑	G ♒	c ♈	e ♉
8	f ♒	a ♓	d ♈	f ♉ at
9	G ♒	b ♓	e ♉ at	G ♊ 12
10	a ♒	c ♓ at	f ♉ 1	a ♊ ●
11	b ♓ at	d ♈ 10	G ♉ ●	b ♋ m
12	c ♓ 6	e ♈ ●	a ♊ n	c ♋
13	d ♈ ●	f ♉ n	b ♊	d ♌
14	e ♈ m	G ♉	c ♋	e ♌
15	f ♈	a ♊	d ♋	f ♍ at
16	G ♉	b ♊	e ♌ at	G ♍ 5
17	a ♉	c ♊	f ♌ 11	a ♎ ☾
18	b ♊ at	d ♋ at	G ♍ ☾	b ♎ n
19	c ♊ 8	e ♋ 4	a ♍ m	c ♎
20	d ♋ ☾	f ♌ ☾	b ♎ n	d ♏
21	e ♋ n	G ♌ m	c ♎	e ♏
22	f ♌	a ♍	d ♏	f ♐
23	G ♌	b ♍	e ♏ at	G ♐ at
24	a ♌	c ♎ at	f ♏ 12	a ♑ 4
25	b ♍ at	d ♎ 10	G ♐ ○	b ♑ ☉
26	c ♍ 11	e ♏ ○	a ♐ n	c ♑ n
27	d ♎ ○	f ♏ n	b ♑	d ♒
28	e ♎ m	G ♐	c ♑	e ♒
29	f ♏	a ♐	d ♒	f ♓
30	G ♏	b ♐	e ♒	G ♓
31		c ♑		a ♓

The Feasts Mooueable and Immooueable: With the Termes, &c.

January.
New yeers day 1
Twelfe day 6.
Terme begin. 23

February.
Purif. of Mary, 2.
Shroue sund. 4.
Terme ends, 12.
S. Mathias, 24

March.
Easter day, 25.
Anun. of Mary, 25
Init. Reg. Car. 27

Aprill.
Terme begin. 11.
S. George. 23.
Mark Euan. 25.
Rogation sun 29

May.
Phil. & Iacob, 1.
Ascension day. 3.
Terme ends, 7
Whitsunday. 13
Terme begin 25.

Iune.
Terme ends, 13
Iohn Baptist, 24.
Peter Apost. 29.

Iuly.
Dog dai. begi. 19
S. Iames Apo. 25

August.
Barthol. Ap. 24.
Dog da. end, 29

September.
Mathew Apo. 21.
Michael Arch. 29.

October.
Terme begin, 9.
Luke Euang. 18.
Simon & Iude, 28.

Nouember.
All Saints, 1.
Powder treas. 5.
Nat. of K. Cha. 19
Terme ends, 28.
S. Andrew Ap. 30

December.
Aduent Sund. 2.
S. Tho. Ap. 21.
Christmas da. 25
S. Stephen, 26
S. Iohn, 27.
Innocents da. 28.

FINIS.